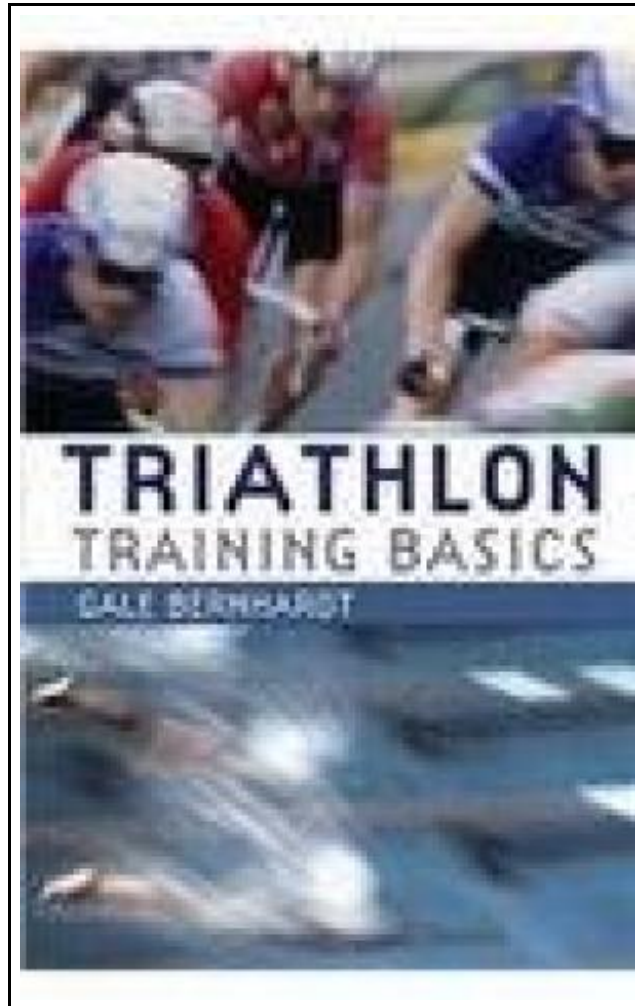


Triathlon Training Basics



Filesize: 9.62 MB

Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

(Doris Beier)

TRIATHLON TRAINING BASICS



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Triathlon Training Basics, Gale Bernhardt, Every year, more and more people are rising to the challenge of completing their first triathlon. The combination of swimming, cycling and running ensure that triathlon is not only one of the most physically demanding sports, but also one of the most rewarding. Triathlon Training Basics is the complete guide to triathlon training. Providing advice for individual competitors as well as individual members of a team competing together, it contains all the essential information triathletes need to successfully complete a triathlon. detailed training plans for beginners and more experienced athletes advice on equipment and clothing for each of the elements technical training tools advice on how to develop your training strength training programmes stretching programmes injury prevention techniques Triathlon Training Basics is essential reading for any beginner thinking about embarking on their first triathlon, through to experienced athletes wishing to improve their training.



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